CHARTING the LifeCourse 🔼 😃













Integrated Supports

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for a good life.

and indi	ividuals think about nov	v to work i	n partnership to	o support tr	neir vision	for a good life.
Technology	Personal Strengths & Assets					Relationships
Current What type of equipment & supplies do I HAVE that will help me stay connected, manage my d give me prompts/reminde monitor my symptoms? Future What type of equipment	Current What are the strengths Understanding and uses ay, rs and Social Distancing Washing Hands Wearing a Face Hand Washing Cleaning/disi Ability to recommunit sympted	of person/fause of: Masks //Sanitizer infecting ecognize & icate	Fut	r Education ir g /Sanitizer /lasks ng wipes mptoms ce	Existing Sta Family F Friends F Staff at plac Coaches of	Current Who are the people in my life now that can provide the supports that I need? aff riends of the Family family of Friends ces I go to frequently feams I play on Future pportunities exist to
& supplies do I NEED that stay connected, manage r prompts/reminders and me what activities that I can Are there activities I do n and want to continue in? Have I discovered new in	contine to do virtually?	Convers starters for into com activities hea	or return nmunity & staying	Past Clas Past Tea Staff/regu	of the family ssmates/Tea chers/Instru ulars at place fing options	ently in
I want to do more with? Current How I What Can I Will I	many people will be there? is open? What are the hou practice social distancing v need to use the public restr will I get there?	while there?				Current
Community Based		Future	Future		ı	Eligibility Specific

Access the LifeCourse framework and tools at lifecoursetools.com.